

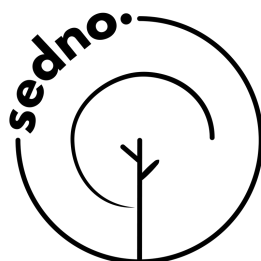
**FREE**



## **8 healthy recipes with Sedno food**

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Discover delicious tastes of Europe





# Chłodnik - cold beetroot soup

SERVINGS:4

PREPPING TIME: 30 MIN

COOKING TIME: 15 MIN

The cold beetroot soup with a hard-boiled egg advertises itself as a perfect dish for hot weather times.

## Ingredients:

- |                          |  |
|--------------------------|--|
| 3 large juicy beets      | 2 Hard boiled eggs                               |
| 1 liter of natural kefir | 4-5 pickled cucumbers<br>(available in Singapore |
| 2 cloves of garlic       | Sedno brand "Cucumbers                           |
| A bunch of dill          | in brine" will do the job)                       |
| A bunch of radishes      | Salt and pepper to taste                         |
| A bunch of chives        |  |



## Directions:

1. Steam the beets,
  2. Mix two beets with kefir and garlic
  3. Pour the whole thing into a larger pot or bowl.
  4. Chop the dill, finely chop the chives, radish and dice the cucumbers. Grate one beetroot on a coarse-meshed grater
  5. Put all the ingredients in a bowl with mixed beets and kefir. Combine the ingredients carefully, season with salt and pepper.
1. If you like a more sour taste, you can optionally add the brine from cucumbers.
  2. Serve it with a hard-boiled egg or new potatoes.
  3. Enjoy your meal.





# Bigos - hunter's stew

**SERVINGS:** 2

**PREPPING TIME:** 15 MIN

**COOKING TIME:** 30 MIN

A flavourful, nutritious dish, traditionally considered as coming from Poland, prepared on the basis of various meats and cabbage (it can be sauerkraut and fresh). Known for its magical properties that increase resistance to large amounts of alcoholic beverages, it is a popular dish accompanying alcohol reach events, it also works well as a remedy for hangover

## Ingredients:

500g of pork	3 cups of broth or water
200 g of pork sausage	30g of dried mushrooms
200g of beef for a stew	250 ml of dry red wine
1 kg of sauerkraut	Salt, pepper, allspice
1 large yellow onion	bay leaf
2 tablespoons of vegetable oil	a few seeds of juniper



## Directions:

1. Cut the meat into small pieces. Dice the onion into small cubes and sauté in oil in a large pot. Add the meat and sear it thoroughly.
2. Pour in two cups of hot broth or water with salt and pepper and bring to a boil. Then add the crushed dried mushrooms, cover and simmer for about 45 minutes.
3. Add allspice, bay leaf, juniper seeds and plums.
4. Add the sauerkraut (squeezed of juice) and pour in the wine, mix, cover and cook for 30 minutes.
5. Dice the sausage, fry in a pan, add to the cabbage and cook for another 30 minutes.

Bigos cooked on Wednesday is best served on Saturday, the more often it is heated, the better it tastes;)



# Sauerkraut salad

**SERVINGS: 2**

**PREPPING TIME: 15 MIN**

**COOKING TIME: 30 MIN**

Poles love sauerkraut for its health benefits. I will write more about them in a separate post with a recipe how to make it from scratch. Today I would like to encourage you to make a very simple, but very tasty salad, which probably every Polish family knows and usually serves it with fried fish and potatoes.

## Ingredients:

300g of Sedno sauerkraut	3 tablespoons of vegetable oil
1/2 a carrot	1 tablespoon of chopped parsley
1/2 an apple	- pepper to taste
1/2 an onion	



## Directions:

1. Cut the sauerkraut drained from the juice into smaller pieces
2. Grate the carrot and apple on a coarse grater
3. Cut the onion into small cubes
4. Put everything into a bowl
5. Finally add the chopped parsley, vegetable oil and pepper - mix everything thoroughly.

We can promise that this recipe will pleasantly surprise you.





# Beef tartar

SERVINGS: 2

PREPPING TIME: 20 MIN

FREEZING TIME: 20 MIN

Classic - beef tenderloin tartare - chopped, not minced Additions are finely chopped onions, pickled cucumbers, pickled mushrooms and capers with a bit of mustard and olive oil - special guest - Russian sturgeon caviar - "oscietra" type.

## Ingredients:

220g of beef tenderloin	2 tbsp Sedno porcini mushrooms
2 tbsp parsley finely chopped	1 ½ tbsp dijon mustard
2 tbsp capers finely chopped	1 ½ tbsp olive oil
2 tbsp Sedno pickled cucumbers	½ tsp kosher salt
2 tbsp shallots finely chopped	



## Directions:

1. Place beef on a small plate. Freeze until firmed up slightly, about 20 minutes then chop finely with a sharp knife
2. Chop the capers, pickled cucumbers, porcini mushrooms shallots, and parsley into a fine dice. Add to a mixing bowl and add olive oil and mustard. Toss to combine.
3. Add the steak, gently fold in all the ingredients, add salt, to taste, mix again. Keep the mixture chilled until you're ready to assemble and eat.
4. Press the tartare into a round mold or ramekin. Divide into two portions. Add onto two plates.

# Sour cucumber soup

SERVINGS:6

PREPPING TIME: 20 MIN

COOKING TIME: 45 MIN

In Poland and other parts of Eastern Europe, before refrigeration, pickling was a common way of preserving fruits, vegetables, meats, and eggs, so pickled food can be found in an endless number of recipes. One of them is sour pickle soup made from cucumbers in brine for a warming and refreshing meal during cold months.

## Ingredients:

4 medium potatoes	1/2 celery
500g of cucumbers in brine	1 garlic clove
1,5l of vegetable or chicken stock	1 bunch of dill
1 carrot	Salt and pepper to taste
1 parsley	Sour cream 12%

## Directions:

1. Cut peeled potatoes into cubes
2. Grate carrot and parsley on a coarse grater
3. Add potatoes and grated vegetables into boiling broth
4. Grate pickled cucumbers on a coarse grater
5. In a small pot melt the butter and add grated pickles. Simmer for 10 minutes.
6. Add pickles to the broth
7. Add salt and pepper. If the soup is not sour enough for your taste you can add some brine from the pickles. Add sour cream and dill.





# Egg paste with horseradish

SERVINGS: 2

PREPPING TIME: 20 MIN

COOKING TIME: 45 MIN

Horseradish is a condiment commonly used in Eastern European cuisine. Spicy, tangy taste of the root pairs perfectly with the mild taste of eggs making the egg and horseradish paste an exciting addition to your everyday sandwiches.

## Ingredients:

- |                                      |                          |
|--------------------------------------|--------------------------|
| 4 hard boiled eggs                   | 1 bunch of spring onions |
| 1 tbsp of horseradish                | Salt and pepper to taste |
| 1 tbsp of mayonnaise or greek yogurt |                          |
| 1 tsp of dijon mustard               |                          |

## Directions:

1. Peel hard boiled eggs and chop them finely
2. Add horseradish, mayonnaise and mustard
3. Add chopped green parts spring onions and mix well
4. Add salt and pepper to taste
5. Serve on a slice of fresh sourdough bread





# Savoury potato rosti

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 15 MIN

Potatoes are a staple in Easter European cuisine with many exciting ways to prepare them one of our favourite is grating and frying them into delicious rosti cakes. Here we prepare them in a mouthwatering savoury version using Sedno sauerkraut added for a more sour twist.

## Ingredients:

- |   |                      |
|---|----------------------|
| 2 large potatoes                        | 1tsp Salt, pepper    |
| 1 small onion                           | Vegetable oil to fry |
| 1 tablespoon chickpea flour<br>(besan)  |                      |
| 150g finely chopped Sedno<br>sauerkraut |                      |



## Directions:

1. Coarsely grate the potatoes and onion
2. Squeeze out any excess moisture
3. Add chickpea flour, chopped sauerkraut, salt and pepper
4. Form the mixture into patties
5. Heat the oil, add the patties and press down lightly.
6. Fry the patties for 5 minutes by which point they should start to form a crisp base.
7. Flip and fry for another 3 minutes
8. Serve with chopped Sedno sauerkraut





# Sweet potato rosti

SERVINGS: 2

PREPPING TIME: 15 MIN

COOKING TIME: 15 MIN

Sweet potato rosti cakes are the children's favourite, traditionally prepared by grandmothers all over Eastern Europe. It is a delicious potatoe-y alternative to sweet ommlette or french toast served for breakfast. They pair amazingly with jam, greek yogurt and fresh fruit.

## Ingredients:

2 large potatoes

1 tablespoon chickpea flour  
(besan)

1 tablespoon vanilla extract

1 tablespoon maple syrup

Sedno fruit jam – we  
recommend blackcurrant  
with cardamom

Vegetable oil to fry



## Directions:

1. Coarsely grate the potatoes and onion
2. Squeeze out any excess moisture
3. Add chickpea flour, chopped sauerkraut, salt and pepper
4. Form the mixture into patties
5. Heat the oil, add the patties and press down lightly.
6. Fry the patties for 5 minutes by which point they should start to form a crisp base.
7. Flip and fry for another 3 minutes
8. Serve with chopped Sedno sauerkraut